



# SOUTHLAND RECOVERY COALITION

## ROSC

(Recovery Oriented Systems of Care)

*Virtual*

## Standing Monthly Meeting

\*Meeting occurs last Wednesday of every month

**WEDNESDAY, AUGUST 30, 2023 | 9:30 A.M. TO 10:30 A.M.**

**VIA ZOOM**



**Meeting ID: 836 3638 1377 | Passcode: 746782**

***Taking Care of Yourself: Tips & Tools to Restore Your Energy***



### ***Guest Speaker ~ Coco Elysses***

**Coco Elysses** is a modern-day renaissance woman who hails from Robbins, Illinois, and is a producer, musician, actress, voice-over artist, screenwriter, doula, and poet. She is the second woman Chair of the AACM (Association for the Advancement of Creative Musicians). She has historically used her creative muse to overcome adversity and stress. She has been a featured musician in the critically acclaimed FOX drama, Empire.

Coco's power source stands from her understanding of metaphysical energy and unlocking your creative genius from the innate talents within you. She is a multiple award-winning musical director and president of the venerable AACM, The Association for the Advancement of Creative Musicians. In one year as the Chair, she led her organization and executive team, increasing the annual budget by 528%, and produced a critically acclaimed concert with creative music and new music innovators. Coco is a multi-genre artist, transformational teacher, international musician, and Creatrix of The Multi-Genre Artist Creativity Tool Workbook. In addition to being a globally-renowned artist, she enjoys biking along the lakefront, creating wearable art, and spending time with her granddaughter.

**ROSC PARTNERS:** Cornerstone Community Development Corporation, NFP (Lead Fiscal Agent) • Indigenous Community Service Center • Reassemble Education & Training, Inc. • Together We Cope



This project is supported in part by the Illinois Department of Human Services Division of Substance Use Prevention and Recovery, as part of the Social Services Block Grant award from the Federal Administration for Children and Families (G-1801ILSOSR).



# Southland Recovery Coalition ROSC Meeting Agenda Wednesday, August 30, 2023 | 9:30 a.m. to 10:30 a.m.

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**Welcome & Introductions | Angelia F. Smith**  
Brief Introduction of New Attendees: Name & Organization

**What's New | Yvonne M. Orr**  
Core Deliverables (extracted from the Strategic Plan)  
Pop Up Events/Outreach

**Guest Speaker | Coco Elysses, M.F.A.**  
*Taking Care of Yourself: Tips & Tools to Restore Your Energy*

**Announcements | All**  
International Overdose Awareness Day 8/31  
Join the WebEx Event! <https://bit.ly/47THMYj>

UMARC Recovery Conference 9/15  
Bremen Township Health Fair 9/16

**Who Do You Know? | All**  
Expanding Our Network, Building Recovery Awareness

**Closing Remarks | Angelia F. Smith**

### FY24 ROSC Council Meeting Calendar

July 26, 2023

**August 30, 2023**

September 27, 2023

October 25, 2023

November 29, 2023

December 27, 2023

January 31, 2024

February 28, 2024

March 27, 2024

\*April 24, 2024

\*\*May 29, 2024

June 26, 2024

*\*In-person meeting*

*\*\*Annual Conference*

**SOUTHLAND RECOVERY COALITION**  
943 EAST LINCOLN HIGHWAY ✦ FORD HEIGHTS, IL 60417

[WWW.SOUTHLANDRECOVERY.ORG](http://WWW.SOUTHLANDRECOVERY.ORG)



# INTERNATIONAL OVERDOSE AWARENESS DAY ILLINOIS

Location: Webex [Link](#)  
Date: August 31, 2023  
Time: 10:00 to 11:00 AM  
Facilitator: IDHS-Division of Substance Use  
Prevention and Recovery

## Agenda Items

<i>Minutes</i>	<b>Start-End Time</b>	Presenters
<i>5 Minutes</i>	<b>10:00-10:05</b>	Welcome, IDHS SUPR Director Laura Garcia
<i>10 Minutes</i>	<b>10:05-10:15</b>	Opening Remarks, Representative La Shawn K. Ford
<i>20 Minutes</i>	<b>10:15-10:35</b>	Safer Prescribing and Dispensing Practices <ul style="list-style-type: none"><li>○ Dr. Sarah Pointer, Pharm D., Clinical Director of the Prescription Monitoring Program, Bureau of Pharmacy &amp; Clinical Support Services</li><li>○ Ronald J. Vlasaty, Jr. Chief Operating Officer, Family Guidance Centers, Inc.</li><li>○ Richard Weisskopf, State Opiate Treatment Authority, IDHS Division of Substance Use Prevention and Recovery</li></ul>
<i>10 Minutes</i>	<b>10:35-10:45</b>	Medication First Approach and MAR NOW, Dr. Nicole Gastala, Medical Director, IDHS Division of Substance Use Prevention and Recovery
<i>10 Minutes</i>	<b>10:45-10:55</b>	Access Narcan, Kathleen Monahan, State Opioid Response, Project Director, IDHS Division of Substance Use Prevention and Recovery
<i>5 Minutes</i>	<b>10:55-11:00</b>	Ashur Shiba, Overdose Prevention Advocate



# **AUGUST 31, 2023**

## **INTERNATIONAL OVERDOSE AWARENESS DAY ILLINOIS**

### **Improving Healthcare and Reducing Overdoses**

In 2021, an estimated 3,013 fatalities were due to opioid overdose in Illinois. Please join the **Illinois Department of Human Services Division of Prevention and Recovery (SUPR)** for a virtual event to highlight overdose prevention practices. Presenters include **Representative La Shawn K. Ford**, **Dr. Sarah Pointer**, Pharm D., Clinical Director of the Prescription Monitoring Program, Bureau of Pharmacy & Clinical Support Services, **Richard Weisskopf**, State Opiate Treatment Authority, **Dr. Nicole Gastala**, SUPR Medical Director, **Kathleen Monahan**, SUPR Statewide Opioid Response Administrator, **Ron Vlasaty**, CEO of Family Guidance Center, and **Ashur Shiba**, Overdose Prevention Advocate.

Join from the meeting link below:

<https://illinois.webex.com/illinois/j.php?MTID=mab78a24d5be5c2f1e9c8354d9caf9036>

Meeting number (access code): 2634 349 5123

Meeting password: DQpbcjKM386



**Illinois Department of Human Services**  
**Division of Substance Use Prevention and Recovery**

**Illinois Public Act  
102-0527**

**Improves healthcare  
outcomes for people  
in Opioid Treatment  
Programs!**

**An overdose is  
preventable!**

**Help is here**

**Illinois Helpline  
tel: 833-234-6343**

**website:  
helplineil.org**

**1 Hour Virtual Event**

**Start Time: 10:00 am**

**FREE to Attend**  
**Registration Required**

**EARN  
CEUs**



**Hilton Grand Ballroom**  
Check-in, Networking,  
and Refreshments  
8:30 AM - 9:15 AM  
Conference Starts  
9:30 AM

**PRESENTS ITS**  
**3RD ANNUAL RECOVERY CONFERENCE**

***"Different Paths to Recovery"***

**Friday, Sept 15, 2023 8:30 AM - 1:00 PM**  
Hilton Oak Lawn | 9333 S Cicero Ave | Oak Lawn, IL 60453

**REGISTER VIA LINK OR QR CODE**  
**[HTTPS://BIT.LY/UMARC-RECOVERY91523](https://bit.ly/UMARC-RECOVERY91523)**



BREMEN TOWNSHIP

# HEALTH FAIR

SATURDAY SEPTEMBER 16

10AM-2PM

15350 OAK PARK AVENUE

OAK FOREST, IL 60452

BUILDING A

708-419-4100

708-687-8220



## ***Keeping Bremen Township Residents Healthy!***

- Car Seat checks
- Women's Wellness
- Hearing screening
- Blood Pressure Screening
- HERO
- Mental Health
- Orland Dental
- Crisis Intervention
- Bag Painting
- Sensory Obstacle Course
- Reflexology
- Chiropractic
- Memory Care
- Podiatrist
- Fitness
- Insurance
- Giveaways
- Taco Truck

*Bremen Township – Here for You!*